

# Recipe checklist for pasta/rice/noodle dishes<sup>1</sup>



**Aim to tick all these boxes for a nourishing meal**

<b>Vegetables</b>	Contain at least one non-tuber vegetable within a meal or as a side.	<input type="checkbox"/>
<b>Protein</b>	Provide lean unprocessed MPFS <sup>2</sup> , eggs, beans, legumes or tofu.	<input type="checkbox"/>
	OR Where canned, ready-to-eat or processed MPFS (e.g., ham, canned fish, canned chicken) or plant-based proteins are used, select products with a Health Star Rating of 3.5 or above.  Deep-fried food, such as katsu chicken, is not provided.	<input type="checkbox"/>
<b>Milk products</b>	If using milk products, choose low-fat or reduced-fat varieties, such as cottage cheese, Edam, mozzarella, reduced-fat cheddar or reduced-fat tasty cheese.	<input type="checkbox"/>
<b>Other</b>	Use vegetable oil instead of butter for cooking.	<input type="checkbox"/>
	Where cream or coconut cream is included, use small amounts only: <ul style="list-style-type: none"> <li>• Reduced-fat product: no more than 20ml per serve.</li> <li>• Regular product: no more than 10ml per serve.</li> </ul>	<input type="checkbox"/>
	If using soy sauce, opt for the reduced-sodium option whenever possible.	<input type="checkbox"/>

1. Examples include spaghetti bolognese, macaroni cheese, pasta bake, curry on rice, chop suey, stir fried rice and chow mein.

2. MPFS: meat, poultry, fish and shellfish.